



## Chicken, Mushroom, and Polenta Lasagna

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



1340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 cremini mushrooms sliced (baby bellas)
- 0.5 cup basil fresh chopped
- 6 cloves garlic minced
- 2 tablespoons honey
- 2 tablespoons olive oil
- 0.3 cup oregano fresh chopped
- 4 ounces pesto sauce
- 32 ounce polenta cut into 1/ slices

- 4 servings salt and pepper to taste
- 1 cup mozzarella cheese shredded
- 1 pound chicken breast halves boneless skinless cubed
- 6 large tomatoes pureed
- 0.3 large vidalia onion finely chopped

## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- In a saucepan, combine diced tomatoes, pureed tomatoes, garlic, basil, oregano, honey, salt, and pepper. Cook over medium heat for 45 minutes, allowing to thicken. Stir in mushrooms and onions. Cook for 15 minutes more.
- Meanwhile, heat the olive oil in a skillet over medium heat and partially cook the chicken on all sides until no longer pink on the outside.
- Remove and set aside. In the same skillet, sear the polenta pieces in the remaining olive oil until the outsides are crispy.
- Preheat oven to 375 degrees F (190 degrees C).
- Cover the bottom of a casserole dish with half of the polenta slices. Thinly spread about half of the pesto over the polenta. Then cover the polenta with chicken, tomato sauce and a half-cup of the Mozzarella cheese. Repeat the layering of polenta, pesto, chicken, and sauce.
- Bake in preheated oven for 25 minutes.
- Remove, uncover, and top with the remaining Mozzarella cheese. Return to oven, uncovered, until cheese is melted, about 5 minutes.

## Nutrition Facts



**PROTEIN 16.79%** **FAT 20.33%** **CARBS 62.88%**

## Properties

Glycemic Index:55.57, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:42.410000091014%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 1340.31kcal (67.02%), Fat: 30.19g (46.44%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 210.03g (70.01%), Net Carbohydrates: 200.75g (73%), Sugar: 20.52g (22.8%), Cholesterol: 96.96mg (32.32%), Sodium: 788.73mg (34.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.1g (112.2%), Selenium: 93.57µg (133.68%), Vitamin B3: 18.34mg (91.69%), Vitamin B6: 1.59mg (79.38%), Vitamin A: 3764.15IU (75.28%), Phosphorus: 647.35mg (64.73%), Vitamin K: 58.57µg (55.78%), Vitamin C: 41.82mg (50.69%), Potassium: 1717.46mg (49.07%), Manganese: 0.93mg (46.6%), Vitamin B5: 3.84mg (38.36%), Fiber: 9.28g (37.13%), Vitamin B1: 0.55mg (36.54%), Magnesium: 144.07mg (36.02%), Vitamin B2: 0.61mg (35.97%), Copper: 0.67mg (33.72%), Calcium: 299.87mg (29.99%), Iron: 5.33mg (29.59%), Zinc: 3.63mg (24.18%), Vitamin E: 3.34mg (22.24%), Folate: 85.54µg (21.38%), Vitamin B12: 0.92µg (15.25%), Vitamin D: 0.28µg (1.84%)